Hajj and Umrah Guide
English

1. IHRAM – Before reaching Meeqat
Before Ihram: Remove unwanted hair, trim nails, make ghusl (bath) & wudhu (ablution) or at least wudhu.

2. TAWAAF (Circling the Ka'bah 7 times)
- Begin Sa'ee at as-Safa. Complete walk from as-Safa to al-Marwah (one circuit), then al-Marwah to as-Safa (second circuit) and continue for seven circuits, finishing at al-Marwah. Upon encountering green lights, men only - run from one light to other light.
- At foot of as-Safa recite –

**“Labbayk Allahumma Labbayb, Labbayb la sharika laka Labbayb, Innal hamda wanni'mata laka walmulka La sharika laka”**

3. SHIVA (Between Safa and Marwah)
- Go to Arafat any time after sunrise.
- Pray Dhuhr & 'Asr at Arafah.

4. Shav i Head/Trimming
- After completing Sa'ee:
  - Men: shaving entire head is preferable or cut hair equally from all over head;
  - Women: cut one-third finger-length of hair. Upon leaving al-Masjid ul-Haram with the left foot, recite

**“Allah Akbar Allah akbar laa illaha illallah wasuudual laah sharr al-ahd wa la'ah kull shay ‘in qadeer”**

5. Sawm
- Day of 'Arafah: Fasting from sunrise to sunset.

6. Shirk
- ‘Abdullah bin Mas'ud (RA) said: “I asked Allah's Messenger (PBUH): ‘What is the best way of worshiping Allah?’ He said: ‘It is by Imaan (Faith).’”

7. Dua (supplication)
- Duaa (supplication) can be made during Tawaf, except it is Sunnah to recite the following when going between Ar-Ruknul-Yamani (Yemeni Corner)

**“rahman rabbana ‘as ‘ala alta ‘ala malakal ‘ala ‘adhadhaan”**

8. Shave Back Head
- Allah Akbar (Allah is the Greatest).
- Men: must shave briskly (Raml) during first 3 circuits only, the remaining 4 circuits are done at a normal pace completely around until 7th circuit.

9. 'Iqamah/Prayer Formations
- At foot of As-Safa: Recite the Talbiyah:

**“Tawafu fa'adhaan baadar”**

10. 'Ummah
- Men only - uncover their heads.

HAJJ AL-TAMATTU

Three ways of performing Hajj:
- First Umrah, then Hajj with another Ihram – this type of Hajj is called **HAJJ AL-TAMATTU** and it is considered the best of the three forms of Hajj. It is the one that the Prophet Muhammad (Pbuh) urged his followers to perform and is the one adopted by most pilgrims from overseas.

- Umrah and Hajj with a single Ihram is called **QIRAAN**

- Hajj only: with any Umrah is called **IFRAAD**

8th day of Dhul-Hijjah (Yawmu-Tarwiyyah)

- Make intention for Hajj. Standing, face the Qiblah recite the Talbiyah:

**“Tawafu fa'adhaan baadar”**

- Go to Arafat any time after sunrise.

- Stopover if possible at Namira.

9th day of Dhul-Hijjah (Yawmu'Arafah)

- Pray Fajr in Mina.

- Pray Dhuhr & 'Asr at Arafah.

Stay in 'Arafah

Stay in Mina

Remove Ihram, as all restrictions are now lifted. Umrah is now complete and await morning of 8th of Dhul-Hijjah.

- Any person intending to perform Hajj opts for either one of the three types of Hajj:

- First Umrah, then Hajj with another Ihram – this type of Hajj is called HAJJ AL-TAMATTU and it is considered the best of the three forms of Hajj. It is the one that the Prophet Muhammad (Pbuh) urged his followers to perform and is the one adopted by most pilgrims from overseas.

- Umrah and Hajj with a single Ihram is called QIRAAN.

- Hajj only; without any Umrah is called IFRAAD.

In Muzdalifah or Mi’dina:

- Remove Ihram, as all restrictions are now lifted. Umrah is now complete and await morning of 8th of Dhul-Hijjah.

- Any person intending to perform Hajj opts for either one of the three types of Hajj:

- First Umrah, then Hajj with another Ihram – this type of Hajj is called HAJJ AL-TAMATTU and it is considered the best of the three forms of Hajj. It is the one that the Prophet Muhammad (Pbuh) urged his followers to perform and is the one adopted by most pilgrims from overseas.

- Umrah and Hajj with a single Ihram is called QIRAAN.

- Hajj only; without any Umrah is called IFRAAD.

## About the Hajj Document

The Hajj document is a guide for performing the Hajj and Umrah. It outlines the steps and requirements for each aspect of the pilgrimage, from the preparation before reaching Meeqat to the final stages of completion. The document emphasizes the importance of faith, worship, and supplication, with key verses from the Quran and Hadith to guide the pilgrim. The sections on Tawaf, Shiva, Shirk, and Dua highlight the spiritual and physical aspects of the pilgrimage, ensuring that the pilgrim understands the importance of each step in the process. The guide also includes guidance for those performing Hajj alone or with an Umrah, and it provides examples of common practices and supplications used during the pilgrimage. The document aims to ensure that every pilgrim has a clear understanding of the requirements and significance of each part of the Hajj journey.
From the time period between after Zawaa (sun at highest point - no shadow) until the night, stone all three Jamaras, 7 required per day. 

Facing first Jamarah (smallest), with Makkah to your left and Mina to your right, throw each of the seven stones at Jamarah reciting –

Allahu Akbar

Allah is the Greatest (after each throw) -

After stoneing first Jamarah, face Qiblah (with first Jamarah to your right), raise hands and supplicate as you wish. Then, calmly proceed to 2nd (middle one ) Jamarah. Facing second Jamarah, with Makkah to your left and Mina to your right, throw each of the seven stones at Jamarah reciting –

Allahu Akbar

Allah is the Greatest (after each throw) -

After stoneing second Jamarah, face Qiblah (with second Jamarah to your right), raise hands and supplicate as you wish. Then, calmly proceed to third Jamarah. Facing third Jamarah, al-Aqabah al-Kubraa, with Makkah to your left and Mina to your right, throw each of the seven stones at Jamarah reciting –

Allahu Akbar

Allah is the Greatest (after each throw) -

After stoneing final Jamarah, move forwards without supplicating.

12th Dhul-Hijjah

- If Tawaf ifaadhah has still not been performed, go to Makkah and perform Tawaf. Pray 2 rakaats, drink from Zam Zam and perform Sa’ee. Return back to Mina.
- From the time period between after Zawaa (after mid-day) until the night, stone all 3 Jamarat with 7 pebbles for each one. Leave Mina for Makkah before Sunset if possible. If you can’t leave - Stay at Mina.

13th Dhul-Hijjah

- If you didn’t leave Mina, beginning after Fajr, stone all 3 Jamarat with 7 pebbles for each Jamarah. Leave for Makkah. Before final departure from Makkah, perform Tawafus-Wadaa’ (Farewell Tawaf) as your last act.

Footnotes

1. If possible, cling to area between the corner of al-Hajarul-Aswad (The Black Stone) and the door, placing the chest, face and forearms upon this area.
2. If possible, touch The Black Stone with the right hand and also kiss it, then prostrate on it - this is best: if not, then touch it with the right hand then kiss the right hand; if not, simply make a sign towards it with the right hand.
3. There is no specific Du’aa during the walk around the Ka’bah, apart from what has been mentioned for The Yemeni Corner to The Black Stone. You can therefore recite the Quran or any Du’aa as you please.
4. If possible, touch Ar-Rumal-Yamani (Yemeni Corner) each time (but do not kiss it) - this is best; if not, then do not make any sign towards it.
5. From wherever you are residing - hotel, house, etc.
7. A place close to ‘Arafah - there is now a Masjid there. If this is not possible, it is permissible to proceed to ‘Arafah.
8. It is also possible to make Tawaf ul Ziyarat if it was not made on the 10th. *Women should allow extra days for Tawaf in Makkah in case of menses.
9. For an English translation, see page 1.
10. Should you pass through valley Muhassar, then hurry through it.
11. They are all the same in size. You can also pick the pebbles in Mina. You will need only 7 pebbles on the 10th, and 42 afterwards (49 total). You will need 21 extra pebbles if you are staying for the 13th of Dhul-Hijjah (70 total).They must not be bigger than a chick-pea. (Approximately 1cm across = 0.39 inches).
12. It is permissible to perform Tawafus-Wadaa’ on 12th day of Dhul-Hijjah (as long as you leave Mina before sunset), thus missing the recommended (but not compulsory) day of stoneing.

Don’t forget to:

- Pay all debts
- Redress all wrongs
- Write your will

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Hajj & Umrah Guide

 manosik al-hajj wa al-umaraa bi-`akhirat

 Anjilizi

 رقم ادن يطبع 1431/12/30

English

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